

September 2021

Carver Council on Aging

What's Inside for September

Complimentary Lunch with Heart to Home Meals

Monday, September 20th at 11:30 am

The team at Heart to Home Meals is offering a FREE hot lunch to honor the wonderful seniors of Carver. The company provides over 160 healthy and nutritious meals, soups and desserts, hand delivered by a local driver right to your freezer. Their convenient service can be adapted to many dietary preferences, with free delivery and no contract or minimum required. Come join the team for a free lunch, trivia and prize giveaway!

Please choose one meal option:

Chicken Teriyaki - Authentic teriyaki sauce mixed with chicken and vegetables, served with a fluffy vegetable rice pilaf. OR Crumb Topped Cod in Lemon Sauce - Cod fillet, topped with a parsley crumb, in a lemon butter sauce. Served with rice, asparagus and green beans.

RSVP REQUIRED as space is LIMITED!

Call 508-866-4698 x3 to reserve your spot.



Tai Chi a Healthy Living Program

presented by Old Colony Elder Services

*Mondays, September 13th - November 8th,
from 1:00 pm - 2:30 pm*

Learn how to improve strength and balance with the benefit of preventing falls. Please register at **508-866-4698 x3**.



Tri-County Symphonic Band Concert

*Sponsored by the Carver Cultural Council
Wednesday, September 22nd at 1:00 pm.*

Since 1962 the Tri-County Symphonic Band has been part of the cultural life of Southeastern Massachusetts.

Professional and fine amateur musicians including talented students from Bristol, Plymouth and Barnstable counties come together to perform classical, semi-classical and contemporary music. Join us for a Chamber Music Concert featuring the Clarinet Group.



"FRIENDS OF CARVER COA"

ADULT PAINT NIGHT FUNDRAISER AT THE COA

Tuesday, September 21st from 6:30 pm - 8:30 pm

COST: \$20 PER PERSON (age 21+)

Includes: 12"x16" canvas panel, all paints and brushes supplied.

Light refreshments will be served.

Please register at **508-866-4698 x3**.

Full payment needed by Friday, September 17th.

All proceeds benefit the events and activities supported by the Friends.

COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Connie Kelly
Monday-Friday
8 AM-4 PM

508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Claudia Miller-Vice Chair
Helen Marrone-Secretary
Savery Moore
Elaine Raymond
Stephanie Clougherty Alt.
Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
508-866-4698

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

NEW SCHEDULE

Gatra Bus Service has returned to **FULL** capacity of 8 passengers per bus also, masks are *still* required through September.

SUPERMARKET RUNS

Wednesdays 12:30 pm Market Basket

Thursdays 9:30 am 1st - Walmart/Wareham

2nd & 4th - Stop & Shop

3rd & 5th - Walmart/Plymouth

Fridays 9:30 am Shaw's

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. A book of passes makes a great gift for any senior in your life that needs transportation!

How do I schedule a ride?

Call **508-866-4698 x-1** prior to 12 pm the day before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

The Plymouth County Sheriff Department's **Free Safety Assurance program** is a computerized telephone system that places a call to a participant at a pre-arranged time each day. Calls are received between 6 am and noon. **To enroll, call 508-830-6256.**



LOAN CLOSET (please call before dropping off items)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**. Meet with Mark at the COA monthly every 4th Thursday.

LEGAL ADVICE AT THE COA

Attorney-At-Law Lawrence L. Hale is available to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips!

Checks can be sent to: Friends of the Carver COA, PO Box 72, Carver, MA 02330, Attn: Madeline Joyce.

LIONS / FRIENDS GOLF FUNDRAISER SQUIRREL RUN GOLF COURSE SATURDAY, OCTOBER 9TH



Sign Up Today!

*Foursomes *Sponsorships *Prizes *Contests
Shotgun Start at 9:00am / Cost includes Lunch
friendscarvercoa@gmail.com

SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551**

to see if you can schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to schedule an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS is providing weekly blood pressure clinics as well as monthly glucose and cholesterol screenings every Tuesday from 9:30 am - 11:30 am. Drop-in.

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$20 for a cut, cut and blow dry \$30. Call **508-866-4698 x3** to make an appointment.

CARVER BOARD OF DIRECTORS MEETING

Thursday, September 28th at 4:30 pm, Town Hall, Rm 1.

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Coordinator

Tuesday - Thursday

9 AM - 3 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA AT THE POND

with Mary Wilson of Wild Divinity Yoga
Mondays, September 13, 20 & 27 at
9:00 am at Sampson's Pond (*indoors if
rain*). Suggested \$5 donation. Register
at **508-866-4698 x-3** to receive a spe-
cial parking pass.

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1 pm.
Call to register at **508-866-4698 x3**.

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays
at 5 pm. Register **508-866-4698 x3**.

RUMMIKUB

Wednesdays at 12 pm. Drop-In.

BINGO Every Thursday at 12:30 pm
(Arrive by 12:15 pm to buy games)

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am
meet Police Chief, Marc Duphily, who
will listen to any of your concerns.

SINGO - MUSICAL BINGO

with Jim the DJ Guy on the first
Monday of every month - 12:00 pm.

BASKET WEAVING w/ Patty Batson.
1st & 3rd Tuesdays at 12:30 pm and
1st & 3rd Fridays at 9:30 am. **\$15 per
class**. Register at **508-866-4698 x3**

CIDER CHAT WITH HEIDI

Thursday, September 9th
from 1:00 pm - 2:00 pm
in the Small Meeting room
of the Carver Public Library.
Drop-in to meet COA Outreach
Coordinator, Heidi Lufkin-Miles, to dis-
cuss any questions or concerns you
may have over a glass of cider.



BEREAVEMENT SUPPORT GROUP

Join Rev. Lawrence Smith of Continuum Hospice & Palliative Care every 4th Friday from 10:00 am-11:00 am.
Please register at **508-866-4698 x-3**.

FOOTCARE

If you need pedicure, call Dr. John McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic 116 Court St., Plymouth 508-747-1973.

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1

*Wed 1 - 4

Sat/Sun/Mon - Closed

*Wed. is Veteran's Shopping Day
508-866-7673

MEALS ON THE MOVE

The COA provides prepared meals
for homebound elders.

Monday - Friday

Daily Cost: \$3.00

Call the Nutrition Center at
508-866-4698 x 4

WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES

Wednesdays at 10:00 am
Please register at **508-866-4698
x3**. Supplies may be limited.



Autumn
Dome
9/1



Fall Tin
Sign
9/8



Marbelized
Leaves
9/15



Scarecrow
Craft
9/22



Craft-a-
palooza
9/29

SIMPLE SALADS

with Nutritionist
Ally Littlefield
Tuesday,
September 21st at 10:00 am
Fresh vegetables are now at their
peak. Learn how to make some
simple salad options using easy-to-
find ingredients.
Register **508-866-4698 x3**.



PLYMOUTH COUNTY TRIAD MEMBERSHIP DRIVE

Join or renew your membership
today for **FREE!**
Forms are available at the COA.

LINE DANCING CLASS

with David & Marcia Burbank
Sponsored by the Friends of
Carver COA

Friday, September 10th, 1:00 pm
Have fun learning a variety of fun
line dances with experienced in-
structors. Beginners are welcome.
Cost: \$5 Register at **508-866-4698
x3**. **Class size is limited!**



LUNCH AND LEARN

Tuesday, September 14th at
11:30 am in the Nutrition Center
Home Helpers Director Laura
Rosenthal will discuss some of the
activities and services she offers to
discover the interests of the seniors
for future program offerings. Drop-in
at lunchtime.

iPAD INSTRUCTION CLASS

with Tech Instructor Lydia Nelson
Tuesday, September 28th
at 10:00 am in the Murdock
Room of the Nutrition Center
Learn the basic functions of iPad
technology whether you have one or
considering buying one. iPads for
the class instruction will be provided.
Class size is limited to 10. Please
register at **508-866-4698 x3**.

WELCOME ERINA!

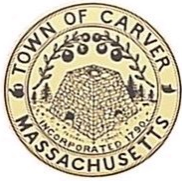
- The Carver COA
- would like to
- welcome our new
- SHINE Counselor,
- Erina (Rena)
- Marcolini. She is
- a Carver resident
- and a retired R.N. with 50 years of
- experience in the healthcare field.
- She will be available on Wednes-
- days 9:00 am - 12:00 pm starting
- September 1st. **Please call 508-866-**
- **4698 x3 for an appointment.**



SHINE PROGRAM

Health Insurance Counseling

Appointments with SHINE Counselor
Erina Marcolini are scheduled for
Wednesdays from 9:00 am -12:00 pm
**Please call 508-866-4698 x3 if you
need an appointment.**

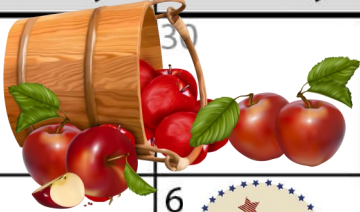



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 	30 	31	1 Autumn Dome Craft 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	2 Lunch 11:30 am BINGO 12:30 pm	3 BLOOM Bus payment due! Basket Weaving 9:30 am Lunch 11:30 am	4
5	6	7 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Basket Weaving 12:30 pm Oil Painting 1:00 pm	8 Fall Tin Sign 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	9 Atty. Hale appointments 10:00 am Lunch 11:30 am BINGO 12:30 pm Cider Chat 1:00 pm	10 Lunch 11:30 am Line Dancing 1:00 pm	11
12	13 Chair Yoga 9:00 am Lunch 11:30 am SINGO! 12:00 pm Tai Chi 1:00 pm	14 Wellness Clinic 9:30 - 11:30 am Coffee w/ the Chief 10:30 am Lunch 11:30 am Lunch & Learn Oil Painting 1:00 pm	15 Marbelized Fall Leaves 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	16 Lunch 11:30 am BINGO 12:30 pm	17 Basket Weaving 9:30 am Lunch 11:30 am	18
19	20 Chair Yoga 9:00 am Heart to Home Meal 11:30 am Tai Chi 1:00 pm	21 Wellness Clinic Simple Salads 10:00 am Lunch 11:30 am Baskets 12:30 FRIENDS PAINT NIGHT 6:30 pm	22 Scarecrow 10:00 am Lunch 11:30 am Rummikub 12:00 pm Tri-County Concert 1:00 pm Acrylic Painting 5:00	23 Veteran's Agent Mark Pineo 10-12 Lunch 11:30am BINGO 12:30 pm	24 Bereavement Support Group 10:00 am - 11:00 am Lunch 11:30am	25
26	27 Chair Yoga 9:00 am BLOOM Bus Trip 9:45 am - 5:15 pm Lunch 11:30 Tai Chi 1:00 pm	28 Wellness Clinic 9:30 - 11:30 am iPad Instruction 10:00 am Lunch 11:30 am Oil Painting 1:00 pm	29 Craft-a-palooza 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	30 Lunch 11:30 am BINGO 12:30	1	BE SURE TO REGISTER FOR THE LIONS / FRIENDS GOLF FUNDRAISER SATURDAY, OCTOBER 9TH!